DOCUMENT RESUME

ED 186 645 CE 024 929

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TITLE	Pre-Retirement Rehearsal Project: A Healthy Retirement.
INSTITUTION	Lancaster-Lebanon Intermediate Unit 13, Lancaster, Pa.
SPONS AGENCY	Office of Education (DHEW), Washington, D.C.: Pennsylvania State Dept. of Education, Harrisburg.
PUB DATE	[78]
NOTE	28p.; For related documents see CE 024 925-932.
EDRS PRICE	MF01/PC02 Plus Postage.
DESCRIPTORS	Adult Education; Community Health Services; Dietetics; Exercise; *Health; Instructional Materials; Middle Aged Adults; *Nutrition; Older Adults; Physical Examinations; *Physician Patient Relationship; Physicians; *Planning; *Reading Difficulties; *Retirement; Teaching Guides
IDENTIFIERS	Preretirement Programs

ABSTRACT

This fourth in a series of six packages of instructional materials developed by the Pre-Retirement Rehearsal Project contains a student's pre-retirement booklet specifically intended for adults with limited reading ability and teacher's guide, which consider these topics: dietary requirements, nutrition, facts and fallacies about health, foods and vitamins, exercise, physical examinations, helping the doctor, choosing a doctor, and information on public and private health agencies in the community. The student booklet contains informative materials, a healthy retirement checklist, quiz on the material covered, and a list of suggested readings. The teacher's guide suggests how to present instruction and provides two formats from which the teacher may choose. A doctor is suggested as a resource consultant. (The other five packages of materials, the final report of the project which developed the materials, and bibliography are available in ERIC. See Note.) (YLB)

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A Healthy Retirement

CE 024 929

LANCASTER-LEBANON INTERMEDIATE UNIT 13, ADULT EDUCATION
PRE-RETIREMENT REHEARSAL PROJECT MRS. SHERRY ROYCE, DIRECTOR
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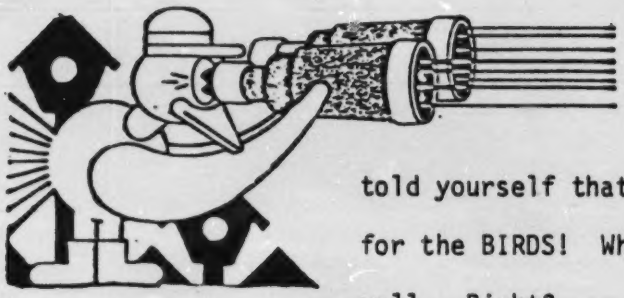
"A Healthy Retirement" is a product of Lancaster-Lebanon I.U.13 Adult Education Pre-retirement Program. This project is supported in whole or in part by the U.S. Office of Education, Department of Health, Education and Welfare and the Pennsylvania Department of Education. However, the opinions expressed herein do not necessarily reflect the position or policy of the U.S. Office of Education, or the Pennsylvania Department of Education, and no official endorsement should be inferred.

A HEALTHY RETIREMENT



If you're like most people, you have enjoyed good health all of your life and probably have told yourself that regular physical checkups are for the BIRDS! Why see a doctor if you're feeling well. Right?

But did you know that in order to continue living a full and active life after 65, you have to develop good health habits in your 50's -- or earlier. Often you can avoid a serious illness later in life by getting a checkup every year by a good doctor. Too many people stay away from a doctor's office because 1.) they are too busy, 2.) they're not sick, 3.) they say they cannot afford the money, or 4.) they don't know a good doctor.

All of these excuses are bad ones, particularly in the later years. Every year more people suffer from illnesses just because they won't take the time to visit a doctor. Doesn't your body deserve more than that?

And even if you're feeling in tip-top shape, a doctor's yearly checkup can be more helpful in keeping you well than in curing your ills. Some illnesses give no warning signs and may be detected only by a trained medical eye. Chest x-rays can detect cancer, blood samples can spot diabetes, and blood pressure checks can warn

of high blood pressure. The earlier an illness is spotted, the more chance there is in taking care of it.

How much of a price is that to pay? Sure, everything costs money these days. But when you get sick, it costs a whole lot more.

HOW TO CHOOSE YOUR DOCTOR

Many people reaching retirement years will have had a doctor of their own for years -- one who knows them well and understands their needs. But if you move, you need to change doctors, or you don't have a doctor now, how do you go about choosing a new one? Who can you ask?

If you're moving out of town, you might ask your doctor to suggest another doctor in your new community. Or contact the local medical school or teaching hospital and ask for a list of family medical doctors who are on staff at the hospital; such doctors are often more up-to-date than others.

Perhaps a friend might suggest a doctor in whom he has confidence. Sometimes your county medical society or local health department can give you some ideas in your own community. Chances are they will not suggest just one doctor's name, but will give you several to choose from. If you visit a doctor, and you find you don't like him, you don't have to stay as his patient. Look elsewhere.

HOW TO LOWER MEDICAL COSTS

Neighborhood Health Centers which are aided by city and state funding offer another option to you. People of all income levels may use the centers. Generally the doctor's bills are somewhat lower than in most private practices; and in some cases, bills may be based on your ability to pay. To find out if your community has a health center, call your city hall. Also check to make sure that the center honors Medicare and Medicaid cards.

Remember too, that many community agencies sponsor free health checks -- free chest x-rays, TB tests, blood pressure checks, eye exams, pap smears, and heart tests. Although taking advantage of these tests will not take the place of getting a good family doctor and regular care, they can help to keep you informed about your health. These spot-tests may point out occasional problems which should be checked by your doctor.

HOW TO HELP YOUR DOCTOR

Once you have found a doctor you like, you can be a great help to him by:

1. ASKING QUESTIONS

   Expect your doctor to give you enough time to ask questions. It is important that you become involved in your own health care. Write down

any questions you have about your medicine, special problems, or anything that may be bothering you ---- before you see your doctor.

MY "ASK THE DOCTOR" LIST

1. Should I take my medicine before or after my meals?
2. If I feel better, do I have to take all of the medicine?
3. I can't sleep at night. Could you give me something that might help?
4. At my age, can I eat anything I want?
5. I get dizzy when I stand up. Does this mean anything?
6. Can this prescription be refilled?
7. Will this medicine make me feel strange?
8. What should I do if I forget to take my medicine?
9. How much exercise should I get and what is the best way for me to exercise?

SAMPLE

It may also be helpful to write down your doctor's answers and his instructions while you are in his office. This will help you remember his exact instructions when you get home.

2. TELLING HIM ABOUT ALL MEDICINES YOU ARE TAKING

Mixing medicines can be very dangerous. Keep in mind that the words "medicine" and "drug" mean the same thing. So when your doctor asks you "Are you taking any other medicines?", tell him about all medicines you are taking ------ including aspirin tablets, laxatives, cold medicines, antacids, or any other over-the-counter drug.

3. FOLLOWING HIS ADVICE

It's all up to you! Not following your doctor's advice or not taking the medicines which he has given you can be harmful. Many times people stop taking medicine when they begin to "feel better" -- even if they were told to take it for a longer time. This may weaken the effect of the medicine and the illness could return again. There are no miracle drugs. Curing illnesses takes time, so if you don't intend to listen to your doctor, you are wasting his time and your money.

4. BEING THOUGHTFUL OF HIS TIME

If you have an ache or pain, don't put off calling your doctor until late in the afternoon in the hopes that it will go away. Use common sense. Don't hesitate to call your doctor in the middle of the night in an emergency, but if the problem can wait until morning, call him then.

HOW TO STAY HEALTHY

Getting good health care and regular check-ups from your doctor certainly are important. But just as important is the care that you give yourself. There are many things that you can do today that will add to your chances for a healthy future.

Can you list some of these?

_____

_____

_____

_____

_____

_____

If some of the things that you listed for healthy living include:

1. Eating the right foods,
2. Getting enough rest,
3. Exercising everyday, and
4. Learning to "take it easy",

you were quite right!

EATING THE RIGHT FOODS

Health experts tell us that "eating well is important for keeping well". Although you may have no control over many things that influence your health, you do have control over the choice of foods you eat. Your body needs a good diet. And that means eating the right kinds of foods in the proper amounts.

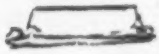
For the average person, a simple guide to a good diet on a daily basis should include:

. At least one serving a day of poultry, fish, or meat; dry beans, peas, and nuts. One to four eggs a week.

. Milk, whole or skim, cheese or cheese products, ice cream, etc. -- a total of two or more cups a day. As you age, you will still need the calcium in milk and cheese to keep teeth and bones in healthy condition.

. Breads and other baked goods from grains, cereals, rice, noodles, or macaroni -- four or more servings a day.

. Fruits and vegetables -- at least four or more servings every day.



. Margarine or butter, salad oils, and vegetable oils -- three servings a day.

. Sugars and salt -- a limited amount.
(Note: If you have a health problem, follow your doctor's advice.)

Naturally, as you get older and become less active, you will probably have to eat a little less to help keep your weight down. Don't fool yourself into thinking "at my age, it doesn't matter". Extra fat can lead to many health problems. Ask your doctor what your weight should be. Then, if you have to cut down on the amount of food you eat, be sure you don't cut out any of the important kinds of foods.

GETTING ENOUGH REST

How much rest you will need is an individual matter. What is right for you is -- no more or no less rest than it takes to keep you feeling comfortable and fit. Sleep is the body's way of storing energy. Some people store energy faster than others and need less

sleep. To avoid feeling tired, a refreshing cat nap during the day might be helpful. Occasional breaks for rest will help prevent fatigue. But don't worry if you find that you need less sleep than when you were younger. This is common for many people as they grow older.

First, determine how much sleep is right for you. Then BE SURE you get it.

EXERCISING EVERYDAY

Regular exercise, with periods of rest, is also necessary for healthy living. Doctors have stated that regular exercise is one of the ways to a longer life. It is an important way to reduce the risk of heart disease; the activity of exercise can also help to digest your food and often makes taking laxatives unnecessary.

But what kind of exercise should you do? And how much should you do? Of course, if you're not in great shape now, and haven't exercised for a long time, you can't expect to jump into a strenuous exercise program right away without hurting your health. But regular, easy activity can help you. To find our what kind of exercise might be right for you, check with your doctor. If he gives you the go-ahead, then start slowly. Warm up.

The best exercise is the kind in which you don't realize

you're exercising at all. Stretching. Bending. Walking up and down stairs. Raking leaves. Gardening. And best of all, walking. Plan to take a daily "looking walk", and begin to notice the changes of the four seasons, the smell of the flowers, and the sounds of birds. Not only will you be getting your body in shape, you may just get to know your own neighborhood and community better.

Whatever program of exercise you decide on, plan to do it every day or several times a week. It really doesn't matter what kind of exercise you do, the important thing is that you make it a regular part of your life.

LEARNING TO "TAKE IT EASY"

Good health is a matter of a relaxed state of mind, free from worry. Very few people are blessed with the inner qualities that automatically give them "peace of mind", happiness, and a sense of satisfaction from their lives. Like most people, you have to work at it.

Have you ever felt tense, tight, worried, sad, down in the dumps, blue, or just plain "blah"? These feelings are called tensions. One of the major causes of these tensions is change. And retirement does bring about major changes in people's lives. If you don't learn to manage your tensions, you will not be able to enjoy life. No one can feel healthy

when worried or depressed.

But you can do a lot to control you tensions. Learn to "take it easy". Teach yourself to relax. Plan to set aside a few minutes each day for peace and quiet. A good way would be to sit in a quiet room with your eyes closed for a short while. Don't try to think of anything.

Take a break. Do something different. Don't let age alone limit you from trying new activities. Keep active.

Exercise regularly. Exercising is a good way to work off the tensions. Remember the kind of exercise that doesn't seem like exercising at all? Dig that garden! Take a long walk.

And have a good outlook on life. Mark Twain once said, "Age is a matter of the mind, and if you don't mind, it doesn't matter.". A healthy mind and a healthy body are hard to separate. If all you plan to think about in retirement are your troubles, your body will probably feel the problems, too. On the other hand, if you plan to take care of yourself and do something satisfying during your retirement, you're likely to enjoy a healthy state of mind.

A HEALTHY RETIREMENT

Developing good health habits is mainly a matter of common sense. In retirement you will have more time to take care of yourself. Within limits, your health will be what you make it

in the years ahead. Your doctor will give you advice on exercise, diet, and rest. Follow it. But you alone have to determine what is a good balance between activity and relaxation for you. Plan to take good care of yourself and you'll go a long way toward better health and "peace of mind".

POINTS TO KEEP IN MIND

1. Get a good health check-up by a doctor or clinic BEFORE YOU RETIRE.

2. Ask your doctor if all of your over-the-counter medicines are really necessary -- your headache pills, laxatives, or vitamins. you may not have the extra money for them in retirement.

3. When taking medicines, always read the label before and after.

4. Eat a balanced diet, but never, never overeat. Keep your weight down by eating the right kinds of foods.

5. Keep active. Exercise yourself to a longer life. Make it something you enjoy doing...but avoid over-doing.

6. Although it is better to hold onto your own teeth as long as possible, dentures may become necessary. Continue to see your dentist. Good teeth help you to chew your food properly.

7. If a hearing loss begins, get in touch with your doctor right away. Some hearing loss can be prevented if treated early.

8. Take care of your eyes. Early checks can help prevent diseases of the eyes.

9. Reduce or cut out altogether the use of tobacco especially cigarettes. Your family doctor can be helpful in advising you how much you should cut down. Stop smoking and you'll live longer.

10. Listen to your body. Watch for warning signs that something may be wrong. Then don't be afraid to have them checked by your doctor.

11. You may need to purchase supplemental health insurance to cover the costs not paid by Medicare.

12. USE COMMON SENSE ABOUT YOUR HEALTH.

"A HEALTHY RETIREMENT" CHECKLIST

Check the things you have done. Those items not checked should be reviewed and worked on until all are checked.

_____ 1. I see a doctor for a health check-up at least once a year whether or not I feel sick.

_____ 2. I have a good family doctor who knows me and my family well.

_____ 3. I have my doctor tell me what medicine to take instead of "doctoring myself".

_____ 4. I try to eat the right foods (a balanced diet) every day.

_____ 5. I am watching what I eat in order to keep my weight down.

_____ 6. I see to it that I get enough rest each day.

_____ 7. I try to get some good regular exercise.

_____ 8. I check with my doctor if I have an unusual pain or notice any change in my general health.

_____ 9. I have had my eyes examined by a doctor during the past year.

_____ 10. I have had a dental examination within the past year.

A HEALTHY RETIREMENT

I. Find words in the article for which definitions are given below:

Refer to page and paragraph numbers of the article.

Example: (page 1, paragraph 2)

Keep on - continue

1. (page 1, paragraph 2)

   a waiting room - _____

2. (page 1, paragraph 4)

   uncovered - _____

3. (page 2, paragraph 3)

   neighborhood - _____

4. (page 2, paragraph 4)

   feeling of trust - _____

5. (page 3, paragraph 1)

   money for public projects - _____

6. (page 3, paragraph 2)

   organize, pay for and direct projects - _____

7. (page 5, paragraph 1)

   able to be bought without a prescription - _____

II. Match the proverb with the correct meaning by putting the letter of the proverb from column 2 in the space before the meaning in column 1.

Example: __D__ A doctor's yearly check-up can be more helpful in keeping you well than in curing your ills.

___ 1. But did you know that in order to continue living a full and active life, you have to develop good health habits in your 50's or earlier.

___ 2. Everything costs money these days; but when you get sick, it costs a whole lot more.

___ 3. The earlier any illness is spotted, the more chance there is of taking care of it and the less chance there is for it to overwhelm you.

___ 4. Every year more people suffer illness because they won't take the time to visit a doctor.

___ 5. Generally doctor's bills are lower at Neighborhood Health Centers.

___ 6. Why see a doctor if you're feeling well - right?

___ 7. Often you can avoid a serious illness later in life by getting a check-up every year by a good doctor.

A. A stitch in time saves nine.

B. There's no use locking the barn door after the horse is stolen.

C. Penny wise, pound foolish.

D. An ounce of prevention is worth a pound of cure.

E. Where there is no vision, the people perish.

F. A penny saved is a penny earned.

G. Little strokes fell great oaks.

H. All things are the worse for the wearing.

19

III. In each set of statements below, two are correct and one is wrong. Mark the wrong statement with an F for false.

Example: F If an illness is treatable, time is not important.
___ Good health habits are established before age 50.
___ Often you can avoid serious illness by having regular check-ups.

A. 1. ___ Some illnesses can be detected only by a trained medical eye.
2. ___ Some illnesses illude detection except through machine techniques.
3. ___ Some illnesses give no warning signs.

B. 1. ___ Some Community Health Centers have a sliding scale for payment.
2. ___ Free clinics are usually available to low income families.
3. ___ There is no medical help available for very low income families.

C. 1. ___ Free health checks, such as chest x-rays, can replace the services of the family doctor.
2. ___ University Centers can often supply a list of medical doctors available in any community.
3. ___ Specialists' services should result from the family doctor's referral.

D. 1. ___ Doctors expect patients to ask questions.
2. ___ Doctors are usually willing to explain what medicine they prescribe and why.
3. ___ Doctors are not interested in what over-the-counter medicine you take.

E. 1. ___ Health care practices should be examined carefully.
2. ___ Common sense is a key to health practices.
3. ___ A good health check should follow retirement.

IV. Each sentence describes a situation related to your health.

Decide whether each should take place. Before (B) or After (A) retirement or be ongoing (O). Label each with the correct letter.

Example: B Develop good health habits.

___ 1. Have regular physical check-ups.

___ 2. Have a family doctor who knows your medical history.

___ 3. Go to the doctor even if you're not ill.

___ 4. Become familar with Medicare and Medicaid.

___ 5. Be acquainted with community health agencies and services.

___ 6. Write down a doctor's instructions so you have them as a permanent record.

___ 7. Establish a regular relationship with your doctor so that when you have emergencies he is willing to treat you.

V. Words that sound the same but are spelled differently are called homophones.

Select from the pairs below the homophone which belongs in the sentence blanks.

too - to - two	doctor's - doctors
are - our	they're - their
it's - its	

Example: He is too tired to be a safe driver.

1. The doctor we have now has been _____ doctor for many years.

2. If there are many _____ in an area, you could easily choose one to suit your needs.

3. Many retired people neglect _____ health until a serious problem arises.

4. Although I had been going for check-ups regularly, _____ been _____ months since I've been there.

5. A _____ receptionist should take your health history during your first visit.

VI. Read Critically------ Each statement is false. Cross out and/or insert a word to make the statement true.

Example: In order to stay well, one should go to the doctor for ~~occasional~~ regular check-ups.

1. Even if you're feeling in tip-top shape, a doctor's yearly check-up can be more harmful in keeping you well than in curing your ills.

2. If you visit a new doctor, and you find you don't like him, you do have to stay as his patient.

3. People of low income levels use Neighborhood Health Centers.

4. Don't expect your doctor to give you enough time to ask questions.

5. Mixing medicines can not be very dangerous.

6. Not following your doctor's advice or not taking the prescribed medicines can not be harmful.

7. If you have an ache or pain, put off calling your doctor in the hopes that it will go away.

VII. Use your COMMUNITY RESOURCE BOOK or telephone directory yellow pages to locate community agencies which offer free health checks. List the agency name, phone number and service offered. (You may have to call them to ask about the services they offer.) Choose services which interest you.

Example: Cancer Society - 397-3744 - free PAP tests

1.

2.

3.

4.

VIII. There are rules to follow to stay healthy.

Complete the following CLOZE about proper eating statements with one word/blank.

Example: You must have control over the choice of foods you (eat).

A. It is important to eat the _____kind of food and also the proper amount.

B. The protein you need can come from legumes, eggs, meat, poultry, and _____.

C. Dairy products such as milk, ice cream or _____ supply calcium.

D. Fiber in your diet comes from bread, rice, or _____ which can be eaten for breakfast or snacks.

E. Salt and _____should be consumed in limited amount.

F. The source of vitamins in a diet are fruits and _____.

IX. Other rules of health relate to proper rest, exercise and relaxation. Categorize each of the following activities.

REST	EXERCISE	RELAXATION
		Example

Example: Change activites occassionally.

A. Take a long walk.

B. Save a few minutes daily for yourself.

C. Cat naps are refreshing.

D. Work off tensions through walking.

E. Get your body in shape.

F. Determine the right amount of sleep for you.

G. Breaks in a routine are refreshing.

H. Regular easy activity can help you keep healthy.

A HEALTHY RETIREMENT

Answer Sheet

I. Definitions:

1. office 2. detected 3. community 4. confidence
5. funding 6. sponsor 7. over-the-counter

II. 1. B 2. C 3. G 4. H 5. F 6. E 7. A

III. False statements:

A. 3 B. 3 C. 1 D. 3 E. 3

IV. Label each with (B) before, (A) after retirement, and (O) ongoing.

1. O 2. B 3. O 4. A 5. B 6. O 7. O

V. Select the homophone.

1. our 2. doctors 3. their 4. it's - two 5. doctor's

VI. Cross out false word and insert correct word.

1. ~~harmful~~ useful 2. ~~do~~ don't 3. ~~low~~ all 4. ~~Don't~~ Do

5. ~~not~~ 6. ~~not~~ 7. ~~put-off-calling-~~ call your doctor.

VII. Agency names.

This list will vary.

VIII. Fill in the blanks.

A. right B. fish C. cheese D. cereal
E. sugar F. vegetables

IX.

Rest	Exercise	Relaxation
C	A	B
F	D (or)	D
G (or)	E	G
	H	

OTHER READING MATERIAL THAT MAY HELP YOU:

1. "Aim's Aiming for Dynamic Fitness"
   Action for Independent Maturity
   1909 K Street N.W.
   Washington, D. C. 20049 20¢ apiece

2. "Food and Fitness"
   Blue Cross Association
   840 North Lake Shore Drive
   Chicago, Illinois 60611 Free

3. "Food Guide for Older Folks"
   U. S. Department of Agriculture
   Home and Garden Bulletin #17
   Superintendent of Documents
   U.S. Government Printing Office
   Washington, D. C. 20402 40¢ apiece

4. "Your Retirement Health Guide"
   National Association of Retired Persons
   215 Long Beach Blvd.
   Long Beach, CA. 90801 20¢ apiece

5. "Vitamins, Food, and Your Health"
   Marcella Katz
   Public Affairs Pamphlet #465
   381 Park Ave. South
   New York, N.Y. 10016 50¢ apiece

A Healthy Retirement

LANCASTER-LEBANON INTERMEDIATE UNIT 13, ADULT EDUCATION
PRE-RETIREMENT REHEARSAL PROJECT MRS. SHERRY ROYCE, DIRECTOR
MRS. DONNA ELLENBERG, PRE-RETIREMENT SPECIALIST

TEACHERS GUIDE

A HEALTHY RETIREMENT*

This session should be designed to give individuals a realistic appraisal of the health resources of the older adult. Areas of discussion may include: dietary requirements, nutrition, facts and fallacies about health, foods and vitamins, exercise, physical examinations, and information on public and private health agencies in the community. It is preferable that the resource consultant for this session by a physician, but a nurse, visiting nurse or home health care representative, hospital or nursing home administrator could be used as well. Questioning should be adjusted to suit their respective expertise.

Format 1

Discussion-lecture led by the moderator and assisted by community health service representative, preferably a physician. Allow for participant questioning following the opening remarks of the speaker. Questioning may be guided in the following direction:

1. How can the patient help the doctor?
2. Is a retiree likely to enjoy better health in a warmer climate?
3. What should an individual expect from a physical examination?
4. Does age have any effect on memory or the ability to learn?
5. What is your opinion of aspirin, laxatives, sedatives, and antacids?
6. How does someone obtain a visiting nurse or other home-health care?
7. What are the practical applications of diet (fiber in), weight, exercise, work, rest, alcohol, tobacco, bowel regularity, and regular check-ups?
8. Comment on the four major enemies of man -- heart disease, cancer, stroke, accidents!

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Format 11

Inventory checklist to prepare for good health in retirement. Participants are asked to check off a list of items that they have done. (see a sample list in Woodrow Hunter's book, Preparation for Retirement) Resource consultant, preferably a physician, can comment on the importance of each item. You may also wish to include a mimeographed copy of "Watching for Warning Symptoms and Doing Something About Them":

1. Loss of appetite (can be caused by a variety of disorders -- ranging from depression to cancer.)
2. Unexplained weight loss or fatigue (anemia, diabetes, thyroid disease, and cancer)
3. Chronic cough
4. Change in bowel habits (persistent diarrhea or constipation, change in size or color of stool of blood in stool should all be checked by physician)
5. Urinary symptoms (pain or burning with urination, excessive frequency of urination, blood in urine -- should be checked.
6. Vaginal bleeding in women after menopause.
7. Lump in breast
8. Pain (in all cases it means something is wrong and if there is no explanation for it, consult your physician.
9. Pain, discomfort or uneasiness in the chest (pain extending to arm or jaw -- particularly after exertion)
10. Skin changes (sores, ulcers, lumps or rashes that do not clear up rapidly)
11. Impaired vision (cataracts, glaucoma)